Sequatchie Co. 4-H
Demonstration Contest

A "Shown and tell” related to your 4-H project

- Demonstrations should be 3 to 5 minutes in length
- “Show how” to do something related to a project area (see list).
- NO LIVE ANIMALS MAY BE USED IN DEMONSTRATIONS

Some Suggestions

- Use visual aids, like posters and supplies to make sure your listeners can see and understand the topic
  - Posters are helpful to explain your project. Try to use 3 types posters:
    - Title poster
    - Materials needed
    - Steps to follow
- Make sure posters are neat and easy to read
- Your introduction should catch the audience’s attention and introduce your topic. Do not introduce yourself
- Show a finished product you have already completed or make another one as you go.
- Remember to look at your audience.
- Smile!
- Do not read from a sheet of paper. It is all right, however, to use note cards.
- Have an ending to your demonstration. Do not just stop talking.
Here are some topic ideas for some of the projects. These are only examples feel free to develop your own topic

**PROJECTS**
- Animal Science-Goat
- Animal Science-Horse
- Animal Science-Poultry
- Citizenship
- Clothing/Textiles
- Companion Animal
- Computers and Technology
- Communications/Public Speaking
- Consumer Ed./Economics
- Electric
- Engineering/Safety Science
- Entomology
- Food Science
- Forestry, Wildlife & Fisheries
- Horticulture/Garden
- Leadership/Personal Development
- Line and Design
- Nutrition, Health and Fitness
- Performing Arts/Recreation
- Photography
- Plant Science
- Veterinary Science

**TOPICS**
- Breeds of Goats
- Types of saddles
- Breeds of Chickens
- How to fold a Flag
- How to sew a button on
- How to care for a Pet (dog, cat etc)
- How to Clean a Computer
- How to Give a Speech
- How to Write a Check OR Balance a Checkbook
- How a simple electric circuit works
- How to fix a bicycle OR How an Engine Works
- How to Identify Butterflies OR Beekeeping
- Safe Food Handling
- Build a Bird House OR How to Identify Trees
- How to Plant a flower
- My Hobby OR Parliamentary Procedures
- Cross Stitching OR How to make a craft
- How to prepare a nutritious Snack OR Exercise
- How to play a game OR a musical instrument
- How to Use a Camera
- How a plant grows OR Make a Terrarium
- How to vaccinate an animal (Dog, cat, cow, etc)